

INTERMEDIATE LEG EXERCISES

HEEL SIDE KICKS

These side kicks are similar to the Charleston dance. The upper leg stays in place while the lower leg kicks out to the side, allowing *internal hip rotation*. This activity can help correct the toe-out foot placement common in older adults.

Benefits »

- ⦿ Strengthens chronically weak internal hip rotators.
- ⦿ Allows participants to sit.
- ⦿ Helps to improve common stance and gait abnormalities.

Set It Up »

You will need Thera-Bands for each participant to add resistance.

How to Do It »

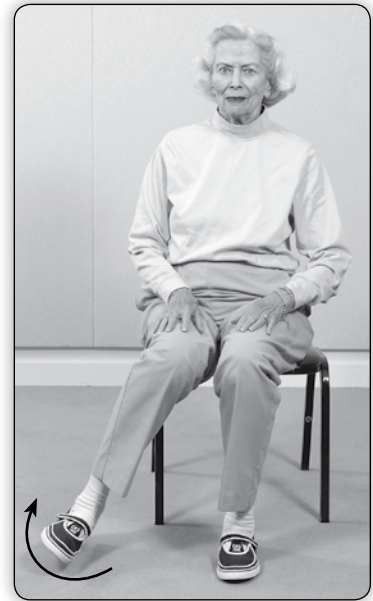
The Start

- ⦿ Participants sit tall at the edge of their chair, both feet flat on the floor, thighs parallel.
- ⦿ They can place their hands on the chair arms for better back support.

The Moves

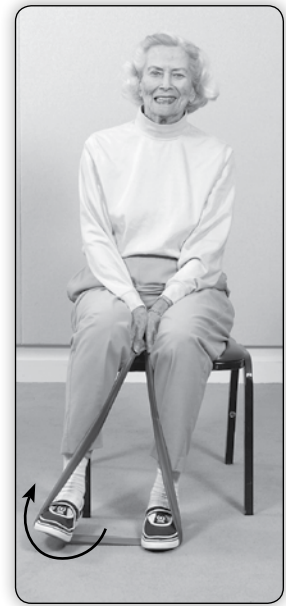
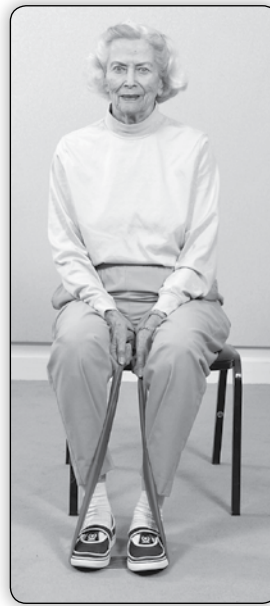
Use the following cues.

- ⦿ Lift the right heel up and to the side. The lower leg moves like a clock hand moving from 6 o'clock to 4 o'clock. The upper leg rotates inward a bit, but should basically stay still and parallel to the other leg.
- ⦿ Return foot to the floor.
- ⦿ Repeat six to eight times, as tolerated.
- ⦿ Repeat with the other leg.



Take It Further »

- ⦿ Increase repetitions or hold times.
- ⦿ Do Side Kicks With a Thera-Band.
 - Place a Thera-Band under both feet as if it were a stirrup.
 - Hold ends in hands.
 - Lift heels out to the side so the movement is resisted by the band.



Keep it Safe »

Not everyone will be able to do this activity comfortably or well. To make it easier, participants can do it with the whole leg straight out. They simply turn the foot inward into pigeon toes, and the whole leg turns. Remember that nothing should hurt, and they should only do what is comfortable.